

December 2019



# LANCER NEWS

Fort Leavenworth Lancers Newsletter



**Happy Holidays, Lancers!!!**

It's time to celebrate the holidays with our Lancer Family!! We have booked the post bowling alley (Strike Zone) for December 16th from 6:30-8:30 pm for our party. All swimmers and family members are welcome and encouraged to join us! The team will cover the cost for the swimmers. The cost per additional person is \$8 and includes the following: shoe rental, 2 games of bowling, 2 slices of pizza and a refillable soda. The sign-up will be out on our event page very soon, so please watch for it!

## Important Upcoming Dates

**December 16– Holiday Bowling Party**

**December 17-27– Holiday Break, No Practice**

**Jan. 31, Feb. 1, Feb. 2– 50 Free Shootout**

Just a reminder about the change in our **FRIDAY** practice times!

Platinum and Gold practice will be from 4:30-6:00pm. There will be no dryland.

Silver practice will be from 5:00-6:00 pm. There is no Bronze practice on Fridays.

**Parents, please remember that all swimmers under the age of 16 MUST be walked into and out of Harney by an adult. Please sign your swimmer in at the desk and make sure a coach is on deck before leaving your swimmer. Parents are not allowed on deck during practice. Please pick your swimmer up on time. Thanks for your cooperation!**

***The 50 Free Shootout will take place Jan.31st-Feb. 2nd, 2020.***

***Please remember to declare your swimmer's commitment to the meet on the "Events" tab of our webpage.***

***Along with the normal swim events, this meet features a tournament-style 50 freestyle series of races!***

***This meet is loads of fun, and participation from other teams has been growing each year. We are anticipating a great turnout this year, and we will again need the many hands of our parent volunteers in order to make this meet a success.***